



# Top Yourself Off With A Lovely Head of Hair

By Count Marco

While waiting at the bank the other day, something kept bothering me. At first I couldn't decide what it was, but then, all of a sudden, it came to me.

All the women employees were young—and most of them needed a good shampoo.

Their hair lacked any lustre or sheen, and quite a few looked like their heads were hideaways for wayward mice, what with the fuzzing, teasing, and balloon-like tops.

A head of hair that reflects the light and sparkles with cleanliness is one of the most treasured bits of femininity.

A man likes to nuzzle clean-looking and clean-smelling hair, but the only nuzzling I can see him doing with those girls is with a ten-foot pole, as he edges them toward a big tub for a good scrubbing.

You wash your face at the end of a day and shudder at all the grime, dirt and dust your skin picks up. Do you think your hair doesn't? It picks up more, in fact, because of its natural oil, to which the dirt clings.

Too, after a few days your scalp develops a layer of fungus, more often called dandruff.

It is a living fungus, and I note that you dig at it with your fingers, then touch other parts of your face, thus spreading rashes or creating other irritations and blemishes.

There is a technique to washing your hair. Now don't get taken in by all the so-called experts who try to sell you a special shampoo for dry hair, or one for oily hair, etc.

There is no such thing as dry hair, just lazy hair. Your oil glands are under the surface of the scalp and do not feed the hair shaft itself. As oil escapes from the follicles, it can lie on the scalp and become gummy, or by frequent brushing you can spread it evenly throughout your hair.

After all, you know, it is the oil that gives the hair gloss and plays up the highlights.

Before you apply soap to your

hair after the first massage, rinse it carefully in warm water to wash away the loose particles of dust and skin particles.

You save a bit more shampoo if you put some into the palm of one hand, then rub the palms together, after which you apply the suds to the hair. By squeezing shampoo directly to the hair, you are inclined to oversoap.

Don't use cake soap for shampooing, because when you do, you merely rub the hair together, causing unnecessary tangles.

Always soap more than once—at least twice, but three times is preferable—working the soap right into the scalp. Roll and move the scalp until it feels completely loose.

Then rinse, rinse, and rinse—some more.

I suggest you get into the habit of using cream rinse, which not only controls the static electricity but restores magic lights by spreading a light film of oil along the shafts of the hair.

With a cream rinse you need no setting lotion.

Now, next time I go to the bank I expect to see your hair sparkling like brand-new money.

(Distributed by Chronicle Features.)

## Montgomery Girls Host Play Day

Scipmlo — that's Olympics spelled backwards — will be the password when the Girls' Athletic Assn. at Bishop Montgomery High School hosts more than 200 delegates for the second annual invitational play day Saturday.

Welcome signs lining the school drive will guide visiting girls to the get-acquainted assembly. Eight schools will be represented at the play day.

Holding to the Winter Olympics theme, girls will wear Tyrolean hats in their school colors. Each school also will send its own delegation of cheerleaders.

EILEEN SWEET, president of the BMHS group, said more than 100 of her schoolmates will participate in the round of sports. Tennis, to be played on the West High courts, softball, and track and field events are on tap. Montgomery lettergirls,



NEW MEMBERS . . . Newly installed members of the Torrance Toastmasters Club 695 are pictured here with Roger Saunders (left), who served as installing officer for the evening. The new members are Roy Galli, Robert Kinkead, and Mark Kellman.

faculty members, and coaches will serve as judges.

Connie Horne, Jeanette Jordan, and Annette McCormick will be in charge of programming individual and novelty events. Ribbon awards will be given for the individual events,

and decathlon and pentathlon winners will get the traditional laurel wreaths.

GENERAL CHAIRMAN is Debbie Rogers and Mary Ann Buckley is in charge of pub-

licity. Elizabeth Elmiger and Patti Raso also will help.

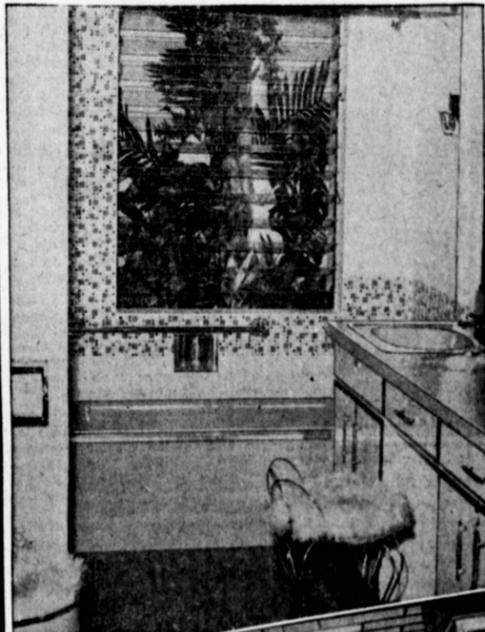
Schools participating include Marymount Palos Verdes, St. Monica, Mary's Academy, St. Bernard's, St. Michael, Immaculate Heart, Cathedral High, and Regina Coeli.

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FIRST CHAMPIONSHIP . . . Agriculture teacher Earl Havel (left) is pictured here with a Carson High team which won the school's first championship trophy. The champs are members of the Carson gardening team who took first place over 60 other teams at California State Polytechnic College in San Dimas recently. Pictured are Ronald Panter, Graham Bentley, John Mondorf, Richard Werner, George Smith, and Allan Elftmann.

## CAMP FIRE GIRLS TO OPEN SHOW

The Cantoeze Campfire Group will lead the flag salute at the annual Spring Fashion Show at Meadow Park Elementary School on Tuesday evening in the school cafeteria.

The Cantoeze Camp Fire Group went to the Los Angeles County Museum on Saturday. This trip helped Vicki Corder, Kathy Matusi, Eleanor Luger, Melissa Williams, Lisa Licavoli, Cynthia Lloyd, Merla Hernandez, and Dorothy Doyle pass their Trail Seekers rank. They will advance to the rank of Wood Gatherer.

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